

**FOUNDATION COURSE TIMETABLE YEAR 2023
DRPGMC KANGRA AT TANDA
MBBS BATCH 2023-2024**

ORIENTATION	FC1.1-1.10	30 HRS
SPORTS, AND EXTRACURRICULAR ACTIVITIES	SPORTS AND EXTRACURRICULAR ACTIVITIES	16 HRS
SKILLS MODULE	FC 2.1-2.9	34HRS
FIELD VISIT TO COMMUNITY HEALTH CENTER	FC 3.1-3.6	8 HRS
INTRODUCTION TO PROFESSIONAL DEVELOPMENT & AETCOM MODULE	FC4.1-4.15	40HRS
ENHANCEMENT OF LANGUAGE / COMPUTER SKILLS	FC 5.1-5.5	32 HRS
		Fondation course =160 HRS

WEEK 1

DATE	8- 9 AM	9 - 10 AM	10 - 11 AM	11- 12 PM	12 - 1 PM	1- 2 PM	2 - 3 PM	3 - 4 PM	4- 5 PM
02/09/2023	FC 1.2 Demonstrate understanding of the Roles of an Indian Medical Graduate and relate it to the societal impact Dr Gaurav Sharma Assoc Prof Dep of Ophthal	Introduction to the Department of Anatomy , Faculty and staff Recommended books SOP'S of the department	Introduction to the Department of Physiology , Faculty and staff Recommended books SOP'S of the department	Introduction to the Department of Biochemistry , Faculty and staff Recommended books SOP'S of the department	Lunch	FC 1.5 Orientation of college campus, Library, Pre and para blocks, administrative structure, OPD, Hospital, themselves to the college campus, facilities, faculty,, support systems and processes of the institution Dep of Anatomy, Physiology and Biochemistry in rotation of one hour each for Batch A, B and C			
04/09/2023	FC 1.1 Demonstrate understanding of the role of doctors in society and their impact Dr Pankaj Kanwar Assist Prof Dep of Psychiatry	FC1.3 Discuss and appreciate the expectations of the students from the Nation, society, Institution, peers, colleagues and patients and vice versa Dr Samir Janwal Assist Prof Dep of Biochemistry	FC 1.8 Demonstrate understanding the role of physician at various levels of Health care delivery Dr Shailja Assist Prof Dep of Community Medicine	Lunch	FC 1.7 Demonstrate understanding of the overview of MBBS curriculum, its structure and outcomes and its relation to the career pathways Dr Sushma Assist Prof Dep of Pharmacology	FC 1.9 Discuss the principles of family practice Dr Dhiraj Prof Dep of Medicine			
05/09/2023	FC 1.4 Demonstrate the understanding of rules and regulations of institution Dr Munish Saroch Prof Dep of ENT	FC 1.6 Discuss the various career pathways and opportunities for personal growth Dr Samir Jamwal Assist Prof Dep of Biochemistry	FC 3.3 Demonstrate understanding of the health care systems in India with reference to primary, secondary and tertiary level care Dr Raman Assoc Prof Dep of Community Medicine	Lunch	FC 3.6 Demonstrate ability to obtain patient experiences through patient and family interactions and relate these experiences to impact of environment and diseases Dr Shailja/ Dr Harsh Assist Prof, Dep of Community Medicine	FC 1.10 Demonstrate awareness of the History of Medicine and alternate systems of Medicine Dr Vivek Sood Assoc Prof Dep of Medicine			

DATE	8- 9 AM	9 - 10 AM	10 - 11 AM	11- 12 PM	12 - 1 PM	1- 2 PM	2 - 3 PM	3 - 4 PM	4- 5 PM
06/09/2023	<p>FC 3.1 Demonstrate understanding of the national Health Goals and Policies</p> <p>Dr Sunil Raina Prof Dep of Community Medicine</p>	<p>FC 4.1 Demonstrate understanding of the concept of Professionalism and ethics among health care professionals and discuss the consequences of unprofessional and unethical behaviour</p> <p>Mr SatyaBhushan Assist Prof Dep of Biochemistry</p>	<p>FC 3.5 Demonstrate understanding of the structure and functioning of the community health center</p> <p>Dr Shailja/ Dr Harsh Assist Prof, Dep of Community Medicine</p>	Lunch	<p>FC 4.3 Discuss the value, honesty and respect during interaction with peers, seniors, faculty, other health care workers and patients</p> <p>Dr Jyoti Assoc Prof Dep of Paediatrics</p>	<p>FC 4.11 Understand the role of mentoring</p> <p>Dr Seema Prof Dep of Paediatrics</p>			
08/09/2023	<p>FC 3.2 Discuss the national health scenario, demographic, socio-cultural and epidemiological issues</p> <p>Dr Dinesh Prof Dep of Community Medicine</p>	<p>FC 4.2 Demonstrate understanding that compassion, altruism, integrity, duty, responsibility and trust are the core values that defines the nature of the physician's work</p> <p>Dr RajKumar Prof Dep of General Surgery</p>	<p>FC 3.4 Discuss the basic principles of community health and its impact on health and disease</p> <p>Dr Parveen Assoc Prof Dep of Community Medicine</p>	Lunch	<p>FC 4.4 Discuss the significance of working in a health care team</p> <p>Dr Amit Prof Dep of OBG</p>	<p>FC 4.14 Demonstrates understanding of different methods of self-directed learning</p> <p>Dr Atal, Prof Dep of Pharmacology</p>			
09/09/2023	<p>FC 4.5 Discuss disability competencies</p> <p>Dr Vipin. Prof Dep of Orthopaedics</p>	<p>FC 4.6 Demonstrate understanding and respect of cultural diversities and interact with those with different cultural values</p> <p>Dr Atal Prof Dep of Pharmacology</p>	<p>FC 4.9 Discuss the significance and appropriate ways of Time management</p> <p>Dr Rajiv Goel Prof, Dep of Biophysics</p>	Lunch	<p>FC 4.7 Discuss the significance and methods of stress management and risk taking behavior</p> <p>Dr Maj Sukhjot Prof Dep of Psychiatry</p>	<p>4.12 Demonstrates understanding of the process of group learning and group dynamics</p> <p>Dr Amit , Assoc Prof Dep of OBG</p>			

WEEK 2 TILL FEBRUARY 2024

Date	Timing	Topic	Faculty
11/09/2023 Monday	8 - 9 am	FC 4.8 Understand the role of yoga and meditation in personal health	Mrs Ranjana
	4 - 5 pm	AETCOM 1.5	Dr Vishal Kalia Prof , Dep of Anatomy
12/09/2023 Tuesday	8 - 9 am	FC 4.13 Comprehend the learning pedagogy and its role in learning skills I	Dr Shyam ,Assoc Prof Dep of Anaesthesia
13/09/2023 Wednesday	8 - 9 am	FC 4.13 Comprehend the learning pedagogy and its role in learning skills II	Dr Shyam ,Assoc Prof Dep of Anaesthesia
	4 - 5 pm	EXTRACURRICULAR ACTIVITIES Music/literature/painting/dramatics	Mrs Ranjana
14/09/2023 Thursday	8 - 9 am	FC 4.15 Understand collaborative learning	Dr Munish Saroch, Prof Dep of ENT
	4 - 5 pm	FC 4.10 Demonstrate understanding of importance of interpersonal relationship while working in a health care team I	Dr Maj Sukhjit , Prof Dep of Psychiatry
15/09/2023 Friday	8 - 9 am	YOGA	Mrs Ranjana
	4 - 5 pm	SPORTS	Mrs Ranjana
16/09/2023 3rd Saturday	8 - 9 am	YOGA	Mrs Ranjana
	2 - 5 pm	FC 2.1 Perform Basic Life support in Skills lab FC 2.2 Perform First Aid in a simulated environment	Skill Lab team
18/09/2023 Monday	8 - 9 am	FC 4.10 Demonstrate understanding of importance of interpersonal relationship while working in a health care team II	Dr Maj Sukhjit , Prof Dep of Psychiatry
	4 - 5 pm	AETCOM 1.5	Dr Rohit Sharma Assist Prof Dep of Anatomy
19/09/2023 Tuesday	8 - 9 am	YOGA	Mrs Ranjana
20/09/2023 Wednesday	8 - 9 am	YOGA	Mrs Ranjana

	4 - 5 pm	FC 2.3 Follow bio-safety and universal precautions I	Dr Anuradha ,Prof Dep of Microbiology
21/09/2023 Thursday	8 - 9 am	YOGA	Mrs Ranjana
	4 - 5 pm	FC 2.3 Follow bio-safety and universal precautions II	Dr Anuradha ,Prof Dep of Microbiology
22/09/2023 Friday	8 - 9 am	YOGA	Mrs Ranjana
	4 - 5 pm	EXTRACURRICULAR ACTIVITIES Music/literature/painting/dramatics	Mrs Ranjana
23/09/2023 4th Saturday	8 - 9 am	YOGA	Mrs Ranjana
	4 - 5 pm	SPORTS	Mrs Ranjana
25/09/2023 Monday	8 - 9 am	YOGA	Mrs Ranjana
	4 - 5 pm	AETCOM 1.5	Dr Garima Sharma Assist Prof Dep of Anatomy
26/09/2023 Tuesday	8 - 9 am	YOGA	Mrs Ranjana
27/09/2023 Wednesday	8 - 9 am	YOGA	Mrs Ranjana
	4 - 5 pm	FC 2.4 Demonstrate handling and safe disposal of Biohazardous materials in a simulated environment	Dr Savita , Assoc Prof Dep of Microbiology
28/09/2023 Thursday	8 - 9 am	YOGA	Mrs Ranjana
	4 - 5 pm	FC 2.5 Demonstrate proper hand washing and use of personal protective equipment I	Dr Madhu Assist Prof Dep of Microbiology Dr Anuradha , Prof Dep of Microbiology
29/09/2023 Friday	8 - 9 am	YOGA	Mrs Ranjana

	4 - 5 pm	FC 2.5 Demonstrate proper hand washing and use of personal protective equipment II	Dr Madhu Assist Prof Dep of Microbiology Dr Anuradha , Prof Dep of Microbiology
30/09/2023 5th Saturday	8 - 9 am	YOGA	Mrs Ranjana
	4 - 5 pm	SPORTS	Mrs Ranjana
03/10/2023 Tuesday	8 - 9 am	YOGA	Mrs Ranjana
04/10/2023 Wednesday	8 - 9 am	FC 2.7 Demonstrate Biomedical Waste segregation (BMW), observe and explain the process of management of BMW in accordance with National Regulations	Dr Savita , Assoc Prof Dep of Microbiology
	4 - 5 pm	FC 2.6 Demonstrate appropriate response to needle stick injuries I	Dr Avinash AssistProf Dep of Paediatrics
05/10/2023 Thursday	8 - 9 am	FC 2.8 Discuss the Immunization requirements of Health care professionals I	Dr Piyush , Prof Dep of Paediatrics
	4 - 5 pm	FC 2.6 Demonstrate appropriate response to needle stick injuries II	Dr Avinash Assist Prof Dep of Paediatrics
06/10/2023 Friday	8 - 9 am	FC 2.8 Discuss the Immunization requirements of Health care professionals II	Dr Piyush , Prof Dep of Paediatrics
	4 - 5 pm	EXTRACURRICULAR ACTIVITIES Music/literature/painting/dramatics	Mrs Ranjana

07/10/2023 1st Saturday	8 - 9 am	FC2.9 Demonstrate awareness of significance of documentation in patient care and the proper method of documentation I	Dr Sushil , Prof Dep of Forensic Medicine
	4 - 5 pm	EXTRACURRICULAR ACTIVITIES Music/literature/painting/dramatics	Mrs Ranjana
09/10/2023 Monday	8 - 9 am	FC2.9 Demonstrate awareness of significance of documentation in patient care and the proper method of documentation II	Dr Sushil , Prof Dep of Forensic Medicine
	4 - 5 pm	AETCOM 1.5	Dr Vishal Kalia Prof , Dep of Anatomy
10/10/2023 Tuesday	8 - 9 am	FC 5.1 Demonstrate ability to communicate with patient and families, be aware of barriers to communication and appropriate ways to respond	Dr Pankaj ,Assist Prof Dep of Psychiatry
11/10/2023 Wednesday	8 - 9 am	FC 5.4 Demonstrate basic computer skills	Dr Avinash , Assist Prof Dep of Paediatrics
	4 - 5 pm	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team
12/10/2023 Thursday	8 - 9 am	FC 5.5 Demonstrate ability for accessing online resources I	Dr Avinash , Assist Prof Dep of Paediatrics
	4 - 5 pm	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team
13/10/2023 Friday	8 - 9 am	FC 5.5 Demonstrate ability for accessing online resources II	Dr Avinash , Assist Prof Dep of Paediatrics
	4 - 5 pm	EXTRACURRICULAR ACTIVITIES Music/literature/painting/dramatics	Mrs Ranjana

14/10/2023 2nd Saturday	8 - 9 am	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team
	4 - 5 pm	SPORTS	Mrs Ranjana
16/10/2023 Monday	8 - 9 am	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team
	4 - 5 pm	AETCOM 1.5	Dr Rohit Sharma Assist Prof Dep of Anatomy
17/10/2023 Tuesday	8 - 9 am	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team
18/10/2023 Wednesday	8 - 9 am	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team
	4 - 5 pm	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team
19/10/2023 Thursday	8 - 9 am	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team

	4 - 5 pm	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team
20/10/2023 Friday	8 - 9 am	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team
	4 - 5 pm	SPORTS	Mrs Ranjana
21/10/2023 3rd Saturday	8 - 9 am	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team
	2 - 5 pm	FC 2.1 Perform Basic Life support in Skills lab FC 2.2 Perform First Aid in a simulated environment	Skill Lab team
23/10/2023 Monday	8 - 9 am	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team
	4 - 5 pm	AETCOM 1.1	Dr Rohit Sharma Assist Prof Dep of Anatomy
25/10/2023 Wednesday	8 - 9 am	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team

	4 - 5 pm	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team
26/10/2023 Thursday	8 - 9 am	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team
	4 - 5 pm	EXTRACURRICULAR ACTIVITIES Music/literature/painting/dramatics	Mrs Ranjana
27/10/2023 Friday	8 - 9 am	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team
	4 - 5 pm	SPORTS	Mrs Ranjana
30/10/2023 Monday	8 - 9 am	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team
	4 - 5 pm	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team
31/10/2023 Tuesday	8 - 9 am	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team

01/11/23 Wednesday	8 - 9 am	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team
	4 - 5 pm	SPORTS	Mrs Ranjana
02/11/23 Thursday	8 - 9 am	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team
	4 - 5 pm	SPORTS	Mrs Ranjana
03/11/23 Friday	8 - 9 am	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team
	4 - 5 pm	SPORTS	Mrs Ranjana
04/11/23 1st Saturday	8 - 9 am	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	Dr Meenakshi, Assist Prof Dep of OBG and Team
	4 - 5 pm	SPORTS	Mrs Ranjana
06/11/23 Monday	8 - 9 am	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	
	4 - 5 pm	AETCOM 1.1	Dr Garima Sharma

07/11/23 Tuesday	8 - 9 am	FC 5.2 Demonstrate use of local language in patient and peer interactions FC 5.3 Demonstrate ability to communicate and learn in English	
13/11/23 Monday	4 - 5 pm	AETCOM 1.1	Dep of Biochemistry
18/11/23 3rd Saturday	2- 5 pm	FC 2.1 Perform Basic Life support in Skills lab FC 2.2 Perform First Aid in a simulated environment	Skill Lab team
20/11/23 Monday	4 - 5 pm	AETCOM 1.1	Dep of Biochemistry
04/12/23 Monday	4-5 pm	AETCOM 1.1	Dep of Biochemistry
11/12/23 Monday	4-5 pm	AETCOM 1.1	Dep of Biochemistry
16/12/23 3rd Saturday	2 - 5 pm	FC 2.1 Perform Basic Life support in Skills lab FC 2.2 Perform First Aid in a simulated environment	Skill Lab team
18/12/23 Monday	4-5 pm	AETCOM 1.2	Dep of Physiology
01/01/24	4 - 5 pm	AETCOM 1.2	Dep of Physiology
08/01/24	4 - 5 pm	AETCOM 1.2	Dep of Physiology
15/01/24		AETCOM 1.2	Dep of Physiology
20/01/24 3rd Saturday	2 - 5 pm	FC 2.1 Perform Basic Life support in Skills lab FC 2.2 Perform First Aid in a simulated environment	Skill Lab team
22/01/24	4 - 5 pm	AETCOM 1.2	Dep of Physiology
29/01/24	4 - 5 pm	AETCOM 1.3	Dep of Physiology
12/02/24	4 - 5 pm	AETCOM 1.3	Dep of Physiology

17/02/24 3rd Saturday	2 - 5 pm	FC 2.1 Perform Basic Life support in Skills lab FC 2.2 Perform First Aid in a simulated environment	Skill Lab team
19/02/24	4 - 5 pm	AETCOM 1.3	Dep of Physiology
20/02/24 Monday	4 - 5 pm	FEEDBACK Foundation course	MEU
26/02/24	4 - 5 pm	AETCOM 1.3	Dep of Physiology
04/03/24	4 - 5 pm	AETCOM 1.3	Dep of Physiology
11/03/24	4 - 5 pm	AETCOM 1.4	Dep of Physiology
18/03/24	4 - 5 pm	AETCOM 1.4	Dep of Physiology
25/03/24	4 - 5 pm	AETCOM 1.4	Dep of Physiology
01/04/24	4 - 5 pm	AETCOM 1.4	Dep of Physiology
08/04/24	4 - 5 pm	AETCOM 1.4	Dep of Physiology

Principal
DRRPGMC Kangra at Tanda

- Copy to
1. HOD'S Department of Anatomy, Physiology, Biochemistry, Biophysics, Pathology, Microbiology, Pharmacology , Forensic Medicine, Community Medicine, ENT, Eye, General Medicine, General Surgery, Paediatrics, OBG, Psychiatry, Orthopaedics , Anaesthesia for information and necessary action please
 2. Incharge Skill Lab (3rd Saturday of every month, 2-5 pm is for foundation course Skill lab / Family adoption programme FAP in batches of 2 or 3 upto 17/02/24 for Skill lab and 20/04/24 for FAP) , Sports Incharge for information and necessary action please

Principal
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